## Exercise & Movement Science Program Term-by-Term Planner 2015-2016 AAS Degree and 2 Year Certificate

				FIRST YEAR				
FALL TERM	_		WINTER TERM	_		SPRING TERM	1_	
EXMS194F <sup>2</sup>	Asses & Prescription: Field	3	<b>EXMS 196</b> <sup>4</sup>	Anat & Kinesiology	4	<b>EXMS 135<sup>3</sup></b>	Exer Physiology I	3
<b>EXMS 194S</b>	<b>Prof Activ: Str &amp; Conditioning</b>	2	<b>EXMS 240</b>	Mental Dimensions	3	<b>EXMS 295</b> <sup>4</sup>	Injury Prevention	3
PE 280 <sup>2</sup>	Со-ор	1	BIO 101	General Biology	4	PE 280 <sup>2</sup>	Со-ор	2
HE 252	First Aid	3	PE 280 <sup>2</sup>	Со-ор	1	WR 121*	Intro Academic Writing	4
PE 183S or 183 U	Stength Training	1	<b>EXMS 194T</b>	Group Exer Leadership	2	PE XXX	See Catalog Select PE Activity Elective	1
Human Relations	See Catalog	3	PE 183A/183F	Conditioning/Fitness Intro	1	$MTH^{+}$	MTH 052 or higher	4
	TOTAL FALL	13		TOTAL WINTER		TOTAL SPRING 17		

SECOND YEAR												
Fall			Winter			Spring						
<b>EXMS 120</b>	Research Methods	<i>3</i>	<b>EXMS 294</b>	Foundations fit mngt	3							
<b>EXMS 194L</b>	Assess & Prescription: Lab	3	<b>EXMS 235<sup>3</sup></b>	Exer Physiology II	3	PE 280 <sup>2</sup>		2				
PE 280 <sup>2</sup>	Со-ор	2	PE 280 <sup>2</sup>	Со-ор	2	COMM/SP	100, 111 or 112	4				
			PE XXX	If EXMS 196 is 3 cr	1	PSY or SOC	PSY 201 or PSY 215	3				
FN 225	Nutrition	4	WRITING*	WR 122,123 or 227	4	Directed Elec	See Catalog	4				
<b>Directed Elect</b>	See Catalog	4	HE 255	Global Health	4	Directed Elec	See Catalog	4				
	TOTAL FAL		TOTAL WINTER 17			TOTAL SPRING 17						

## AAS Exercise & Movement Science Total Credits = 95

- 1) EXMS courses are open first to students who have applied and been accepted. Then the courses are open to students interested in them but who have not yet applied to the program.
- 2) EXMS 194F must be taken with first co-op or before any additional PE 280 Co-op credits. May be offered Winter term also
- 3) EXMS 135 Exercised Physiology 1 is required prior to EXMS 194L and EXMS 235 Exercise Physiology 2
- 4) EXMS 196 Anatomy and Kinesiology is required prior to EXMS 295 Injury Prevention and Management
- 5) \*Writing sequence-ABSE; RD087+EL115R; WR087; WR097+EL113W; WR 115; WR 121; WR 122 or 123 or 227
- 6)+Math sequence Core; MTH 010; MTH 020: MTH 052 (MTH 060+MTH 065); MTH 095; MTH 111
- 7) Application and Program Information can be found at http://www.lanecc.edu/healthpe/exercise-and-movement-science-program
- 8) Advising Information can be found at classes.lanecc.edu -select Academic Advising then select Exercise and Movement Science Resource
- 9) Email questions to EMSPrograms@lanecc.edu

12/2/2014 JSA and SG

Notes: